"INFLUENCE OF SOCIO-PSYCHOLOGICAL VARAIBLES ON LEVELS OF SPORTS PARTICIPATION AMONG SOUTHERN DISTRICTS OF KARNATAKA''

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Submitted By

Research Scholar

TISHONI Y N

Research Guide

Dr. HANUMANTHAYYA PUJARI

Assistant Professor

THE RESEARCH PROPOSAL SUBMITTED TO

DEPARTMENT OF PHYSICAL EDUCATION AND SPORTS SCIENCES

KARNATAKA STATE AKKKAMAHADEVI WOMEN'S UNIVERSITY
VIJAYAPURA – 586108

CONTENTS

CHAPTER	TITLE
I	**INTODUCTION**
	1.Statement of the Problem **2. Objectives of the Study** **3. Hypotheses** **4. Significance of the Study** **5. Delimitation** **6. Limitation** **7. Definitions of the Terms**
II	**REVIEW OF RELATED LITERATURE**
III	**METHODOLOGY** **Selection of the subject** **Sample size of the study** **Selection of Area** **Independent Variables** **Dependent Variables** **Statistical procedure**
IV	**BIBLIOGRAPHY**

CHAPTER -I

INTRODUCTION

Sports are widely regarded as a social good –something that contributes to both the health and social capital of young people. The participation in modern sports is influenced by various physical, physiological, psychological and sociological factors. During training besides good physique and fitness of the athlete main emphasis is laid on the development of various types of skills involved in the game as well as on teaching the strategies, techniques and tactics of the game. Until the coaches have been paying inadequate attention to the social and psychological factors which although have been proved to contribute to performance in events in the higher competitive sports. It is only recently that sports administrators and coaches have realized the importance of the psychological preparation and training of players to enable those bear the strain and stresses inherent in sports participation. So now the now sports trainer and coaches have started giving more importance to the psychological conditioning or the building the mental make-up of players before their contests in the national competitions.

Currently, the field of sport psychology deals with many different issues that face athletes. Sport psychologists seek to work with athletes in areas such as team dynamics and recovery from injury in order to optimize their abilities. However, trying to understand and solve the issues facing athletes today is an important part of sport psychology.

It is the question of why humans participate in sport in the first place that is becoming increasingly important. Participation in sport has been one of the most significant forms of human expression. For centuries, men and women sought to display their power through feats of speed and strength.

Ancient athletes would undergo months of strict training in order to prepare for the early athletic games (Csikszentmihalyi,1990). Following the same tradition, modern athletes also undergo such strict training. It is not uncommon for today's Olympians or even high school and college athletes to

give their time and money over to grueling preparation for an upcoming competition. Athletes risk their bodies and their health daily in order to prepare to be the best in their area of concentration.

They undergo daily pain and sacrifices in the hope that it will all be compensated in one major competition. But the reality is that even though most athletes are willing to sacrifice their minds and their bodies for the gains of competition, most of them will never experience a world renowned win or celebrity status.

Sport participation tends to increase steadily during late childhood and early adolescence (both in terms of the number of sports played and the time spent playing sports), peaking at approximately age 12 years for females and age 15 years for males, before declining sharply in later adolescence. Although girls' rates of involvement in sport have increased since the 1970s, girls are still less active than boys, especially during adolescence. One reason for the gender difference in sport participation may be the different societal expectations that have existed for males and females. Traditionally, sport was perceived as a male domain, providing young men with an opportunity to display their strength, skill, and physical attributes. Although females are increasingly receiving support for sport participation, research continues to indicate that males are more likely to receive financial and logistical support than females.

The influence of Socio-Psychological factors on sports;

Man is just as truly a social as a biological creature and the socialization and development of the personality of an individual is a highly complex process. But the research undertaken all over the world indicate the fact that, the development of a personality of an individual is entirely influenced by his socio economic cultural atmosphere to which he is exposed in his primitive years. Because the social dimensions of the individual's personality are largely determined by his perception of social objects. His interactions and adjustments mainly depend on the interpersonal relation as well as the social, cultural, educational economic and psychological factors.

However there is an evidence to suggest that environmental factors are of great significance in facilitating or inhibiting given needs, in conceiving the goals as well as in determining the extent to which one's needs are gratified.

The socio –economic status is a very important concept being employed frequently in day to day matters nonetheless its determination is very complex and complicated difference tests envisage

its determination with weight age on one of the many factors that go to constitute its integrity. Status by term we mean that recognition given to an individual by his group relation.

Aggression there has always been interest in aggressive behavior and competitive and competitive sport. Several writers have maintained that sports provides a necessary ‘safety value ’or cathartic release for the aggressive drives of the human (scott,1970, Lorenz,) Opponents of this position have posited that successful aggressive behavior facilities further aggressive behavior. Controlled research findings support this view and many writers have stated that sport should not be compromised as an excuse for punitive and criminal –like behavior (Mc Murty, 1974 Underwood, 1978;1976)

Self-confidence is well-known factors that may enhance or improves athletics skills. Most sporting programs consist of mental practice which has been found to be helping the basic development of athletes at lower skill levels .it has been found that factor self-confidence is one that athletes and coaches consider as relevant for good performance. Confidence in one self often in an unfavorable since arrogant or impudent reliance a once own powers .the self-confidence are well knowledge factors that may enhance or improve athletics skill most sporting programs consist of mental practice which has been found to help the basic development of athletes at lower skill levels athletes need to mentally practice both imagery and self- confidence imagery is influenced by many factors including somatic anxiety motivation emotions and confidence .it has been found that a factor self-confidence is are that athletes and coaches consider as relevant for good performance some studies found that many people and athletes use imagery to increase exercise and physical fitness as the imagery helps the success of their exercise(Hall2001)

Achievement Motivation

That a strong achievement motive, defined as the capacity to derive satisfaction from the autonomous mastery of challenging tasks (schultheiss, 2008, p.6030 which in turn encourages people to seek out situations that allow measuring one’s standards of excellence (Mc Clelland et al .1953)is associated with high performance is not only intuitively plausible but also supported by research in sports Wegner et al., 2014

The most commonly cited motives for participating in sport are developing and displaying competence (form learning new skills) experiencing challenges and success, acquiring social benefits that arise from affiliation to a group or team, improving fitness, and having fun.

Motivation and achievement play a vital role in games and sports. Motivation increases the will of a person to put more efforts in that particular game or sport. The person tries to come out of his /her comfort zone and strive hard for success if motivated.

Statement of the problem:

A sport has been recorded as part and parcel of society it plays significant role in developing in varies abilities and parameters among the participant. The performance of the sportsman depends on physical, psychological and sociological factors. Apart from this factors sports participation and socio-economic status, gender, and nature of game plays elemental role in developing and shaping the personality trails of sportspersons .Additions to this level of participation, performance and collection of psychological factors is a product of gender difference ,SES and level of participation the scholar receiving unnumbered of research articles made n plan to study the **influence of socio-psychological variables on levels of sports participation ,** the study will be carried out in the back ground of expose the socio psychological factors on level of sports participation .

Objective of the study:

- To find out the Socio-psychological factors on sports participation
- To study the influence of Socio- Economic status on sports participation
- To study the Aggression how it is influence in different level of sports participation.
- To study the Self confidence how it is influence in deferent level of sports participation.
- To study the Achievement motivation how it is influence in deferent level of achievement in sports.

Delimitation:

1. The study is delimited to only 480 subjects.
2. The study is delimited to Men and women sports person.
3. This study will be confined to the age group of 18to 25 years.
4. The study is delimited to inter college, inter university and national level participated players only.
5. The study is delimited to 20 subjects from each game.
6. The study is delimited Hockey, Football, Kabaddi and Kho-Kho game only.

7. The study is delimited to Southern region of Karnataka only.
8. The study is delimited to Kodagu, Mangalore, and Mysore of Southern district only.
9. The study is delimited to selected psychological variables like Self Confidence, Aggression, and Achievement motivation for the study.

Limitation:

- As the questionnaire used in this study will be considered as limitation for this study.
- The nutrition factors atmosphere ,temperature and other environmental factors were not considered
- No motivational techniques were used for the collection of data.
- There can be time and economic restraint which will be limitation of study.

Hypotheses

- It is a hypothesized that there will be is a significant influence of Socio economic status on the level of sports participation.
- There will be significant difference of Self confidence on sports participation in Hockey game.
- There will be significant difference of Self confidence on sports participation in Football game.
- There will be significant difference of Self confidence on sports participation in Kabaddi game.
- There will be significant difference of Self confidence on sports participation in Kho-Kho game.
- There will be a significant difference in Aggression in Hockey, Football, Kabaddi, Kho-Kho game.
- There will be a significant difference in Achievement motivation in Hockey, Football, Kabaddi, Kho-Kho game
- There will be a significant difference in level of sports participation in different district.
- There will be a significant difference in men and women level of sports participation.

Significance of the study

- The study will be useful for physical education teachers ,coaches are trainer to know Scio-economics status through participation levels
- The study will be useful teachers and students to know psychological variables and sports participants of deferent games
- The finding of this study will helpful to coaches, teachers to improve their psychological behave
- The study may provide useful information regarding psychological variables and socio-economic status of sports person.

Definition of the Terms

Socio Economic status (SES)

Socioeconomic status (SES) is defined as a measure of one's combined economic and social status and tends to be positively associated with better health. This entry focuses on the three common measures of socioeconomic status; education, income, and occupation.

Socio Economic status (SES) is one of the key factors which has been studied extensively sciences research. It has been observed that SES as an independent variable has a greater impact on dependent variable i.e., performance of an individual Behavioral component have greater bearing on socio –economic conditions of the individual .it has been conclusively proved that SES is one of the main correlates of behavioral component .

Research workers in the field of social sciences are increasing realizing the important of the knowledge abound the social environment of the individual .Research has shown that the aspirations as well has the achievements of a pupil are related to the group or the class to which he belonged or with whom he identifies himself.

The socio economic status is recognized as an important factor which plays a major role in shaping the performances of an individual sports person and achievement in sports. The social class to which the youngster belongs definitely influences both his sports activity.

Self confidence;

Self-confidence is **a person's belief or trust in their own ability**.

Self confidence refers of one’s perception about oneself .It is an individual’s perceived ability to act affectively and proficiently to surpass inhibitions and obstacles and to achieve success. Therefore

, any performance, especially ,sports performance is strongly mediated by self confidence .A highly confident player is imbued with lot of zeal and spirit and is nearer to highly accomplishment .Hence self confidence, as a psychological factor exerts its greatest impact on performance of athletes.

There are several studies which focused attention on assaying psychological variables as dependent variables in the research designs .But majority of them are inconclusive and require an extended inquiry. Therefore, the present study makes an attempt to treat the psychological variables like personality, anxiety and self- confidence as independent variables affecting sports performance.

Aggression

Social psychologists agree that aggression can be verbal as well as physical. Therefore, slinging insults at a friend is definitely aggressive, according to our definition, just as hitting someone is. Physical aggression is *aggression that involves harming others physically*—for instance hitting, kicking, stabbing, or shooting them. Nonphysical aggression is *aggression that does not involve physical harm*. Nonphysical aggression includes verbal aggression (*yelling, screaming, swearing, and name calling*) and relational or social aggression, which is defined as *intentionally harming another person's social relationships*, for instance, by gossiping about another person, excluding others from our friendship, or giving others the "silent treatment" (Crick & Grotpeter, 1995).

Aggression is overt, often harmful, social interaction with the international of inflicting damage or other unpleasantness upon another individual. It may occur either in retaliation or without provocation. In humans frustration due to blocked goals can cause aggression. Human aggression can be classified into direct and indirect aggression, whilst the first is characterized by physical or verbal behavior intended to cause harm to someone, the second one is characterized by a behavior intended to harm social relations of an individual or a group.

In definitions commonly used in the social sciences and behavioral sciences, aggression is a response by an individual that delivers something unpleasant to another person .some definitions included that the individual must intend to harm another person .predatory or defensive behavior between members of different species many not be considered aggression in the same sense.

Achievement motivation

Achievement motivation can, therefore, be defined as the striving to increase or to keep as high as possible, one's own capabilities in all activities in which a standard of excellence is thought to apply and where the execution of such activities can, therefore either succeed or fail. (Heckhausen, 1967, p. 4-5)

Achievement motivation is the effort an athlete makes to succeed within their chosen field. It's their attempts at overcoming obstacles or mastering a particular task. There are so, many descriptions of this theory that an athlete, exerciser sports psychologist or coach could easily come up with.

Achievement motivation is the need for excellence and significant accomplishment, despite what rewards may be offered after the achievement has been met. One is the motivation to achieve and is related to one's desire to accomplish successful goals and the other is the motive to avoid failures.

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CHAPTER-II

REVIEW OF RELATED LITERATURE

A careful study and exploration of the selected literature is essential to have insight into work already done within the field in our country, very little research work has been done as compared to other countries in relation to the field. The scholar has given a deep thinking to those studies and has gained valuable methodological hints from the procedures and findings which were of great importance in the formulation of them research problem. A brief review of related studies in the area of soci –economic states and psychological factors and level of achievement were presented in this chapter.

Sanjay Kumar (2013) - There are so many reasons for the downfalls of Indian sports students, may be lack of self-confidence in players, lack of incentive to players, specific criteria for selection of players, Interference of politics in sports or some psychological factor like level of aspiration and attitude towards games and sports of students especially at school age. The students who are players have more favorable attitude towards games & sports as compared with the non-players. The aspiration levels of students who are players have lower level of aspiration as compared with nonplayer boys, The level of aspiration and attitude towards games & sports have shown the inter relationship.

Reza (2012) studied the synagogue the synagogue Reza encourages aggression." among the students of taekwondo athletes, the last, the University's volleyball indoor soccer field the Tiran. The19 subjects 90 to 23 years of age. Select a specific theme on the study will include student athlete man. The four athletes the taekwondo, final, volleyball and soccer indoor and the individual athletes in 25 sports, simple random sample selection, the test used in the analysis and descriptive and statistics. Descriptive Statistics used in evaluating the central tendency (mean, for example, the vehicle index, and winged) and dispersion (range, variance, standard deviation).

The statistical test; and this was the method of one of the possible. Statistical analysis, the results show that there is no significant difference in the student athlete the aggression, the taekwondo final, volleyball and soccer indoor $p \geq (0.05)$; and the trend of sportsmen and sportswomen to violent behavior not only of the sport.

Habibi etal.(2011**)** concluded that there is no significant relationship between the female athletes socio economic status and their participation in trainings .The low socio economic status does not affect their participation in trainings.

Heidarie, Askari & Enayati (2011) investigated the difference between team and individual sports with respect to psychological skills, overall emotional intelligence and athletic success motivation in Shiraz city athletes. 400 male athletes (two hundred forty seven individual and one hundred fifty five team sports) were selected for the study. The findings of their study showed that there was significant difference between the two groups (individual and team sports) in terms of psychological skills and motivation of athletic success but there wasn't significant difference between the two groups (individual and team sports) with respect to overall emotional intelligence.

Kundu and Singh (2010) found out in their study that the effects of environmental fasctors, socioeconomic status and facilities provided to college girls on psychological makeup and develop attitudes towards physical activities and sports among college going girls of Haryana.

Ibrahim et al. (2010) sport study link between aggression and the practice of determined by the relationship between sports and chronological age wrestlers and wrestling and Egypt Egyptian aggression, of the differences in the wrestlers (male/female), sports, aggressiveness and the relationship between aggression and Egyptian sport wrestlers. The survey the researchers and the research method is the sample 68 wrestlers. One of the most important result was that very many positive correlation coefficient encourages aggression." The sport and the man years of practice in one of the most important recommendation wrestlers and research will focus on the mental preparation for both the men's and women's wrestler, Egypt and the psychologist and the national sport.

CHAPTER –III

METHODOLOGY

The present study has to investigate the Self confident, Aggression, Achievement motivation and Socio-economic status in relation to sports participation in Kodagu, Mangalore, Mysore Southern regain This chapter discussed under following heading;

A. Selection of the subjects

B. Variables of the study

C. Collection of data

D. Tools and techniques

E. Statistical procedure

Selection of Subjects

To achieve this purpose 480 subjects from inter college, inter university and national level participated will be selected and their age group ranging between 18 to 25 Years.

SAMPLE DESIGHN								
SL NO	**GAMES**	**KODAGU**		**MANGALURU**		**MYSORE**		**GRAND TOTAL**
		M	**W**	**M**	**W**	**M**	**W**	
1	HOCKEY	20	20	20	20	20	20	**120**
2	FOOTBALL	20	20	20	20	20	20	**120**
3	KHO-KHO	20	20	20	20	20	20	**120**
4	KABADDI	20	20	20	20	20	20	**120**
TOTAL		**80**	**80**	**80**	**80**	**80**	**80**	**480**

Variables of the study

Independent Variables.

Socio- economic status

Self confidence

Aggression

Achievement motivation

Dependent variables

Sports participation

Gender

Different district

Tools and criterion measures

Sl.NO	VARIABLES	QUESTIONNARIE
1	Socio economic status	(SES) Bharadwaj 1989
2	Self confidence	(SCQ) M Basvanna 1917
3	Sports aggression	Kumar and shukla 1998
4	Achievement motivation	M.L Kamlesh 1983

Statistical technique:

The researcher will be used statistical analysis for the study, the mean, SD and T value procedures will be use for find out the significance.

Whenever, two-way factorial ANOVA with last factor repeated the obtained 'F' ratio interaction values are found to be significant, the simple effect test is used .when they obtained 'F' ratio value in the simple effect is found significant, the Scheffe's test is applied as post hoc test to determine which of the paired mean had significant difference .In all the cases the level of confidence is fixed at 0.05 to test the significance.

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